

The Core

A Publication of Programs & Activities Sponsored by The Clarke County Parks & Recreation Department for the Fall/Winter 2009



THE BENEFITS ARE ENDLESS...™

Our Mission Statement:

"Provide quality, wholesome recreational opportunities for all citizens of Clarke County."



POSTAL PATRON

225 Al Smith Circle • Berryville, VA 22611
Phone: 540-955-5140 • Fax: 540-955-4049
email: ccpr@clarkecounty.gov
www.clarkecounty.gov/parks



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3084



Recreation Center Hours

June 1st - September 30th	
Monday - Friday	9:00 AM - 6:00 PM
Saturday	12:00 noon - 6:00 PM
Sunday	CLOSED
October 1st - May 31st	
Monday - Friday	9:00 AM - 9:00 PM
Saturday	10:00 AM - 9:00 PM
Sunday	12:00 noon - 7:00 PM

Holiday Hours:

The Recreation Center is closed:

Monday, September 7th • Thursday, November 26th
Thursday, December 24th • Friday, December 25th

Abbreviated Schedule: 12:00-6:00

Friday, November 27th • Saturday, December 26th
Thursday, December 31st

Fee Schedule

General Admission and Discount Passes

Age	Base-Fee (Non-resident)	Discount Fee* (County Resident)
3-5	\$2.50	\$1.50
6-15	\$3.00	\$2.00
15-54	\$4.00	\$3.00
Seniors (55+)	\$2.50	\$1.50
6-15 Discount Pass	\$50.00	\$30.00
16-54 Discount Pass	\$70.00	\$50.00
55+ Discount Pass	\$40.00	\$20.00

*Proof of residency required

Birthday Party Packages:

The Clarke County Recreation Center offers Birthday Party packages and many options to meet your budget and help you plan the perfect party. Packages include set-up, clean up, room rental and/or gym rental, decorations and gift bags, so relax and let us do the work!

Please call the birthday party coordinator at 540-955-5140 for more information and to schedule parties. Please book at least 3 weeks in advance! *A limited number of dates are available.*



The Gym Schedule

Monthly gym schedules are available at the Recreation Center. Gym schedules change monthly due to Park programs and special events. Changes to the schedule are posted in advance and up to date information is available by calling 540-955-5140.

Parks & Recreation Staff

Lisa A. Cooke, CPRP
Director

Tanya Braithwaite
Administrative Services Manager

Shannon Martin, CPRP
Recreation Program Coordinator

Tracey Pitcock, MES
Recreation Program Coordinator

Christie Knoll
Childcare Specialist

Brandon Kovak
Recreation Manager & Facilities
Superintendent

Ann Boothe
Customer Service Specialist

Angie Cather
Office Assistant

Oops!! We cancelled your class because we didn't know you were interested. Sometimes we have wonderful classes with excellent instructors cancelled because people wait to register. Our programs have minimum enrollment requirements that must be met in order to hold the class.

So what are you waiting for???
Register today!

Arts & Crafts

Shenandoah Piece Makers

Activity #: Date:
 140201A 9/14
 140201B 10/12
 140201C 11/9
 Age: 18+
 Day: 2nd Monday
 Time: 6:30-8:30 PM
 Fee: \$1.00 per visit

Apple Valley Needle Threaders

Activity #: Date:
 140201E 9/10
 140201F 10/8
 140201G 11/12
 140201H 12/10
 Age: 18+
 Day: 2nd Thursday
 Time: 9:30-11:30 AM
 Fee: \$1.00 per visit



Apple Valley Needle Threaders Quilting Bee

Activity #: Date:
 140201I 9/24
 140201J 10/22
 Age: 18+
 Day: 4th Thursday
 Time: 9:30 AM-2:00 PM
 Fee: \$1.00 per visit

These quilting clubs are open to ALL skill levels. Planned monthly programs, presentations and socializing with others who share a love of quilting make these clubs wonderful ways to spend a few hours each month. The Quilting Bee is an opportunity for beginners to observe, practice and ask questions while continuing crafters work on their projects. 1 meeting

Instructors always needed.
If you have a special talent
you would like to share
please complete an
employment application or
call us at 540-955-5140.



Children's Pottery

Activity #: Date:
 120201A 9/9-9/30
 120201B 10/7-10/28
 120201C 11/4-11/25
 Age: 6-12
 Day: Wednesday
 Time: 4:00-5:00 PM
 Fee: \$40.00
 Instructor: Aurelie Schmid

Explore different pottery techniques such as slab, coil, and pinch pots. Participants will complete a new project every week. Parents are welcome to attend and participate in these classes with their child for an additional supply fee of \$20.00. 4 classes

Adult Pottery

Activity #: Date:
 120202A 9/24-10/15
 120202B 10/29-11/19
 Age: 13+
 Day: Thursday
 Time: 6:30-8:30 PM
 Fee: \$52.00
 Instructor: Mizue Croswell



These classes will teach participants basic pottery techniques and wheel throwing as time allows. A new project will be introduced each week. 4 classes

NEW!!! Soap Making Techniques

Activity #: 120203B
 Age: 12+
 Date: 10/19-10/26
 Day: Monday
 Time: 7:00-8:30 PM
 Fee: \$25.00
 Instructor: Sara Hartsell

Would you like to learn various glycerin soap making methods? This class will explore coloring, scenting, and adding additives such as toys, oatmeal, cornmeal, or dried herbs to handmade soaps. You'll leave class with fabulous soaps for home or to give as gifts — and the knowledge about how to make these soaps on your own! 2 classes



Creative Cake Decorating

Activity #: 120203A
 Age: 18+
 Date: 12/10-12/17
 Day: Thursday
 Time: 7:00-8:30 PM
 Fee: \$25.00
 Instructor: Sara Hartsell

Learn to make those impressive cakes you've always admired. In two easy lessons, you'll learn to cover, color, flavor, and create bows and flowers with fondant. A required materials list will be available upon registration. 2 classes

NEW!!! Home Canning Basics

Activity #: 120203C
 Age: 12+
 Date: 9/21
 Day: Monday
 Time: 6:00-7:30 PM
 Fee: \$25.00
 Instructor: Sara Hartsell

The materials and methods to perform canning at home will be discussed. The class will focus specifically on canning tomatoes, green beans, jams and jellies. Examples of these home canned items will be on display. 1 class

NEW!!! Fusible Glass Creations

Activity #: Date:
 150207A 9/17
 150207B 10/22
 150207C 12/3
 Age: 7+
 Day: Thursday
 Time: 6:30-8:00 PM
 Fee: \$10.00, plus \$22.00 materials fee payable to the instructor
 Instructor: Deborah Crowe

Glass art projects are an opportunity to make real fused glass art that will be treasured! Choose the color for your base and create your design with a variety of different shapes, colors and types of glass. Top that with a clear piece of glass to hold your design together for your one-of-a-kind art work. Pre-cut glass pieces will be provided in order to provide a safe and fun time, however, caution still must be taken when working with glass. Each month you will get to make a different glass art project. Projects by sessions will include pendants or key chains, wall hangings or coasters, ornaments or sun catchers. The following week come by to pick up your artwork to proudly display. Children younger than seven must be accompanied, assisted, and supervised by an adult. Sign up early, space is limited. 1 class

Clarke County Community Band

This band is open to musicians of all ages. Practices are every Tuesday at 7:00 PM at Clarke County High School. Band members need to provide their own instruments. This band plays at special events around the area. Please call Diane Shipe at 540-955-4346 for more information.



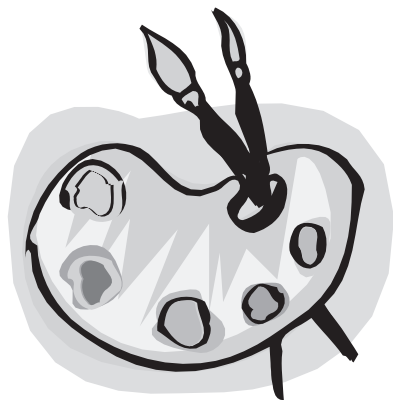
**Co-sponsored by
Clarke County Parks & Recreation**

For more information on these classes, please call Gale Bowman-Harlow at 955-4226. All registrations are handled through Clarke County Parks and Recreation.

Exploring Watercolors

Activity #: Date:
150214A 9/14-10/19
150214B 11/2-12/7
Age: 12+
Day: Monday
Time: 10:00 AM-12:00 PM
Fee: \$80.00, Bring your own materials or \$40.00 for a beginners set
Instructor: Gale Bowman-Harlow
Location: 109 1st Street in Berryville

This class is for beginners and continuing students. Participants need to bring paintings, ideas, and supplies for some creative time with watercolors. The instructor is there to assist beginners with all the basics and help continuing students with artistic decisions and introduce new ideas. 6 classes



Six Artists in Six Weeks

Activity #: Date:
150209A 9/14-10/19
150209B 11/2-12/7
Age: 6-12
Day: Monday
Time: 4:00-5:30 PM
Fee: \$80.00, plus \$10.00 materials fee payable to the instructor
Instructor: Gale Bowman-Harlow
Location: 109 1st Street in Berryville

Each week we will get acquainted with a different artist; the work they did, their style and the type of medium they used. The latter portion of the class will be spent creating the student's own piece, modeled after the artist of the week's style. At the end of the six weeks, the students will have a booklet of their accumulated work and a page about each artist they studied. 6 classes

Basic Beading & Silver Clay Design

Activity #: Date:
150212A 9/14-10/19
150212B 11/2-12/7
Age: 12+
Day: Monday
Time: 6:30-8:30 PM
Fee: \$80.00, plus \$60.00 materials fee payable to the instructor
Instructor: Cathy West
Location: 109 1st Street in Berryville

Students will learn basic beading techniques using glass and natural stone beads, sterling silver and other metal components. Building components with silver clay will also be introduced and in the final class the two will be assembled together. Tools are provided. The materials fee includes supplies to make 3 pair earrings, 2 bracelets & 1 necklace and the silver clay. 6 classes

Figure Drawing

Activity #: Date:
150224C 9/14-10/19
150224E 11/2-12/7
Age: 14+
Day: Monday
Time: 7:00-9:00 PM
Fee: \$80.00, plus \$25.00 model fee payable to the instructor
Instructor: Doug Pifer
Location: 109 1st Street in Berryville

Figure Drawing

Activity #: Date:
150224D 9/17-10/22
150224F 11/5-12/17 (no 11/26)
Age: 12+
Day: Thursday
Time: 1:00-3:00 PM
Fee: \$80.00, plus \$25.00 model fee payable to the instructor
Instructor: Gale Bowman-Harlow
Location: 109 1st Street in Berryville

Observe light, composition and anatomy to add volume and liveliness to a figure drawing using charcoal, graphite, and ink washes. A live model will be used. This is a must for building a college entrance portfolio. 6 classes

Preschooler Art

Activity #: Date:
150203A 9/15-10/20
150203B 11/3-12/8
Age: 3-4
Day: Tuesday
Time: 10:30-11:30 AM
Fee: \$60.00, plus \$10.00 materials fee payable to instructor
Instructor: April Shaffer
Location: 109 1st Street in Berryville

Students will create several pieces using various mediums and techniques. Students will learn how to use "artist's tools" and the "elements of art" to create their own unique works of art. Come prepared to get messy and have fun. 6 classes

Advanced Oil & Acrylic Painting

Activity #: Date:
150220E 9/15-10/20
150220F 11/3-12/8
Age: 15+
Day: Tuesday
Time: 1:00-3:00 PM
Fee: \$80.00, plus \$15.00 materials fee payable to the instructor
Instructor: Gale Bowman-Harlow
Location: 109 1st Street in Berryville

If you have experience with oil and/or acrylic painting, this class is for you. Bring paintings and ideas for some uninterrupted creative time with acrylic or oil painting. The instructor is there to help with artistic decisions and to introduce new ideas. Bring an 18"x24" canvas. 6 classes

Acrylic Painting

Activity #: Date:
150220A 9/15-10/20
150220B 11/3-12/8
Age: 6-12
Day: Tuesday
Time: 4:00-5:30 PM
Fee: \$80.00, plus \$15.00 materials fee payable to the instructor
Instructor: Gale Bowman-Harlow
Location: 109 1st Street in Berryville

Acrylic & Oil Painting

Activity #: Date:
150220C 9/16-10/21
150220D 11/4-12/16 (no 11/25)
Age: 12+
Day: Wednesday
Time: 10:00 AM-12:00 PM
Fee: \$80.00, plus \$15.00 materials fee payable to the instructor
Instructor: Gale Bowman-Harlow
Location: 109 1st Street in Berryville

Explore various painting techniques, color mixing, building with color, color theory, light, and approaches to composition while creating a painting. The second session will explore more painting techniques. Bring an 18"x24" canvas/canvas board/masonite and pictures of things to paint. 6 classes



Intro to Stained Glass

Activity #: Date:
 150219A 9/15-10/20
 150219B 11/3-12/8
 Age: 12+
 Day: Tuesday
 Time: 7:00-8:30 PM
 Fee: \$80.00, plus \$15.00 materials
 fee payable to the instructor
 Instructor: Sheryl Reid
 Location: 109 1st Street in Berryville

Ever wondered how to work with and create stained glass projects? Learn basic techniques while making light catchers and decorative hangings. Continuing students will work on more advanced projects. 6 classes

Oil Painting

Activity #: Date:
 150210A 9/15-10/20
 150210B 11/3-12/8
 Age: 15+
 Day: Tuesday
 Time: 6:30-9:00 PM
 Fee: \$120.00, plus \$15.00 materials
 fee payable to the instructor
 Instructor: Bonnie Jacobs
 Location: 109 1st Street in Berryville

Students will learn the old masters technique of oil painting and glazing. Everyone will choose a master's oil painting to use as a guide but will use his or her own photo to produce a portrait. Bring an 18x24 canvas/canvas board and 5 portrait photos. 6 classes

Basic Jewelry & Bead Making

Activity #: Date:
 150212C 9/16-10/21
 150212D 11/4-12/16 (no 11/25)
 Age: 6+
 Day: Wednesday
 Time: 12:30-2:30 PM
 Fee: \$80.00, plus \$30.00 materials
 fee payable to the instructor
 Instructor: Cathy West
 Location: 109 1st Street in Berryville

Students will learn basic beading techniques using glass and natural stone beads, sterling silver and other metal components. Tools are provided. The materials fee includes supplies to make 3 pair earrings, 2 bracelets & 1 necklace. 6 classes



Beginning Sculpt

Activity #: Date:
 150211A 9/16-10/21
 150211B 11/4-12/16 (no 11/25)
 Age: 6-12
 Day: Wednesday
 Time: 4:00-5:30 PM
 Fee: \$80.00, plus \$25.00 materials
 fee payable to the instructor
 Instructor: Gale Bowman-Harlow
 Location: 109 1st Street in Berryville

Beginning/Intermediate Sculpt

Activity #: Date:
 150211C 9/16-10/21
 150211D 11/4-12/16 (no 11/25)
 Age: 14+
 Day: Wednesday
 Time: 7:00-9:00 PM
 Fee: \$80.00, plus \$25.00 materials
 fee payable to the instructor
 Instructor: Gale Bowman-Harlow
 Location: 109 1st Street in Berryville

Beginning Sculpt

Activity #: Date:
 150211E 9/18-10/23
 150211F 11/6-12/18 (no 11/27)
 Age: 10+
 Day: Friday
 Time: 12:30-2:00 PM
 Fee: \$80.00, plus \$25.00 materials
 fee payable to instructor
 Instructor: Chrissie McFarren
 Location: 109 1st Street in Berryville

Explore the basic techniques for clay modeling and sculpting while using air-dry clay. Students will learn about form and 3 dimensional thought as they design their pieces. Please bring 5 pictures of animal heads or objects that interest you. 6 classes

Beginning Sculpt

Activity #: Date:
 150211G 9/19-10/24
 150211H 11/7-12/19 (no 11/28)
 Age: 6+
 Day: Saturday
 Time: 11:30 AM-1:00 PM
 Fee: \$80.00, plus \$25.00 materials
 fee payable to the instructor
 Instructor: Alice Rodway
 Location: 109 1st Street in Berryville

Explore the basic techniques for clay modeling and sculpting while using air-dry clay. Students will learn about form and 3 dimensional thought as they design their pieces. Please bring 5 pictures of animal heads or objects that interest you. 6 classes

Begin/Intermediate Spinning

Activity #: Date:
 150213A 9/17-10/22
 150213B 11/5-12/17 (no 11/26)
 Age: 12+
 Day: Thursday
 Time: 10:00 AM-11:30 AM
 Fee: \$150.00, plus \$8.00 materials
 fee payable to the instructor
 Instructor: Kelli Arrington
 Location: 109 1st Street in Berryville

This spinning fibers basics course will take you through the process from raw fiber to a finished product. Class discussions will include wool fiber and methods of preparation, spinning on the drop spindle, spinning on the spinning wheel, woolen and worsted spinning methods, plying, and working with fancy wools. All spinning wheels and equipment provided. 6 classes



Begin Loom Weaving

Activity #: Date:
 150213C 9/17-10/22
Registration Deadline: 9/7
 150213D 11/5-12/17 (no 11/26)
Registration Deadline: 10/26
 Age: 14+
 Day: Thursday
 Time: 1:00-3:00 PM
 Fee: \$300.00, plus \$15.00 materials
 fee payable to the instructor
 Instructor: Kelli Arrington
 Location: 109 1st Street in Berryville

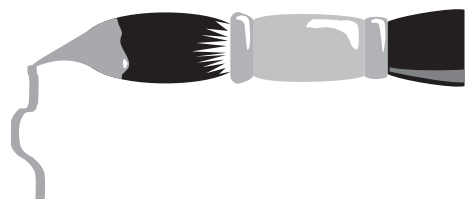
Explore loom weaving while practicing on a floor loom and creating a project using cotton. Learn the full process of "dressing" a loom; winding a warp, threading the loom, beaming the warp and weaving a wonderful project with fabulous yarns. All equipment and loom rental are included in the price. Students will be able to take folding looms home to work on. 6 classes



Fundamentals of Drawing

Activity #: Date:
 150224A 9/17-10/22
 150224B 11/5-12/17 (no 11/26)
 Age: 6-12
 Day: Thursday
 Time: 4:00-5:30 PM
 Fee: \$80.00, plus \$10.00 materials
 fee payable to the instructor
 Instructor: Patience Wyman
 Location: 109 1st Street in Berryville

Students will start off with basic drawing instruments and instruction to explore line quality, composition, perspective, lights/darks, and develop visual acuity skills. The class will explore various drawing instruments such as graphite, charcoal, and inks. 6 classes



"The Memory Portrait" Painting

Activity #: 150208A
 Age: 15+
 Date: 9/17-11/19
 Day: Thursday
 Time: 7:00-9:00 PM
 Fee: \$140.00, plus \$20.00 materials
 fee payable to the instructor
 Instructor: Gale Bowman-Harlow
 Location: 109 1st Street in Berryville

"In this program, advanced high school and university level art students create original portraits for children living in orphanages around the world. Given that children who have been abandoned, neglected, abused, or orphaned usually have few personal keepsakes, the purpose of the portraits is to provide them with a special memory of their youth and to help honor their heritage and identity." For more information, please visit the website at: www.thememoryproject.org/memoryportraits.html. 10 classes

Begin/Intermediate Drawing

Activity #: Date:
 150224G 9/18-10/23
 150224I 11/6-12/18 (no 11/27)
 Age: 12+
 Day: Friday
 Time: 9:30-11:30 AM
 Fee: \$80.00, plus \$10.00 materials
 fee payable to the instructor
 Instructor: Chrissie McFarren
 Location: 109 1st Street in Berryville

Students will start off with basic drawing instruments and instruction to explore line quality, composition, perspective, lights/darks, and develop visual acuity skills. The class will explore different drawing instruments such as graphite, charcoal, and inks. 6 classes

Drawing & the Sketchbook

Activity #: Date:
 150224H 9/19-10/24
 150224J 11/7-12/19 (no 11/28)
 Age: 10+
 Day: Saturday
 Time: 1:00-3:00 PM
 Fee: \$80.00, plus \$15.00 materials
 fee payable to the instructor
 Instructor: Patience Wyman
 Location: 109 1st Street in Berryville

The sketchbook is a vital way to explore your personal journey into creativity. Students will start off using different drawing instruments such as graphite, charcoal, and inks to learn basic drawing skills and explore line quality, composition, perspective, lights/darks, and develop visual acuity skills. 6 classes

Drawing & Painting

Activity #: Date:
 150208B 9/19-10/24
 150208C 11/7-12/19 (no 11/28)
 Age: 6-12
 Day: Saturday
 Time: 9:00-10:30 AM
 Fee: \$80.00, plus \$15.00 materials
 fee payable to instructor
 Instructor: Alice Rodway
 Location: 109 1st Street in Berryville

In session I, students will start off with basic drawing instruments and instruction to explore line, composition, and develop visual acuity skills. In session II, students will learn basic painting techniques: color mixing, building with color, mediums, color theory, light, and composition. Bring an 18" x 24" canvas/canvas board and 5 photographs of things you want to paint. 6 classes

Drawing & Painting

Activity #: Date:
 150208D 9/16-10/21
 150208E 11/4-12/16 (no 11/25)
 Age: 8+
 Day: Wednesday
 Time: 6:30-8:00 PM
 Fee: \$80.00, plus \$15.00 materials
 fee payable to the instructor
 Instructor: Doug Pifer
 Location: 109 1st Street in Berryville

In session I, students will start off with basic drawing instruments and instruction to explore line, composition, and develop visual acuity skills. In session II, students will learn basic painting techniques: color mixing, building with color, mediums, color theory, light, and composition. Bring an 18" x 24" canvas/canvas board and 5 photographs of things you want to paint. 6 classes



Metal Sculpture

Activity #: Date:
 150211I 9/17-10/22
 150211J 11/5-12/17 (no 11/26)
 Age: 12+
 Day: Thursday
 Time: 7:00-9:00 PM
 Fee: \$80.00, plus \$20.00 materials
 fee payable to the instructor
 Instructor: Steve Clegg
 Location: 109 1st Street in Berryville

Metalworking is not only beautiful but also challenging. Students will learn how to design and build a piece using basic metal hammering and assembling techniques in a variety of sheet metal and wire. 6 classes

Begin/Intermediate Watercolors

Activity #: Date:
 150214C 9/19-10/24
 150214D 11/7-12/19 (no 11/28)
 Age: 12+
 Day: Saturday
 Time: 10:00 AM-12:00 PM
 Fee: \$80.00, plus \$15.00 materials
 fee or \$40.00 for a beginners set
 Instructor: Doug Pifer
 Location: 109 1st Street in Berryville

Students will get acquainted with materials, practice basic techniques, brush strokes, while creating a painting on dry paper. Next students will explore wet watercolor paper techniques, color mixing and design. After that, students will be encouraged to create an original artwork, so please bring just your own ideas of what you want to paint! Continuing students will work on their own paintings. 6 classes

Photography 101

Activity #: Date:
 150222A 9/14-10/19
 150222B 10/26-11/30
 Age: 12+
 Day: Monday
 Time: 12:30-3:30 PM
 Fee: \$120.00
 Instructor: Bonnie Jacobs
 Location: 109 1st Street in Berryville

Participants will have the opportunity to take photos and then learn how to develop the film into prints. Class discussions may also include the various types of films, photocomposition, finished prints, and the effects of lighting. Please bring 3 rolls of black & white, 36 exposures, 400-speed Tri-X Pan film, a 35mm camera to class, and 25 sheets of 5x7 ilford luster or glossy b/w paper. 6 classes

Open Studio Time: Developing & Printing Images

Activity #: Date:
 150222C 12/7-12/21
 Age: 12+
 Day: Monday
 Time: 12:30-3:30 PM
 Fee: \$60.00
 Instructor: Bonnie Jacobs
 Location: 109 1st Street in Berryville

Fitness

Drop-in enrollments are only accepted if class has met minimum and is not full. Please call 540-955-5140 to check availability.

Forget what you know about aerobics (especially if you lived through the 80's!) because aerobic classes have changed! All of our fitness classes offer cardiovascular workouts with strength & flexibility training. Our experienced instructors use a variety of equipment, while teaching, to make the classes fun and rewarding.

NEW!!! Rise & Shine Surprise

Activity #: Date:
140303A 9/14-10/7
140303B 10/12-11/4
140303C 11/9-12/2
140303D 12/7-12/30
Age: 16+
Day: Monday & Wednesday
Time: 7:00-8:00 AM
Fee: \$48.00, \$8.00 drop-in fee
Instructor: Kim Chandler

This "surprise" class will change formats each day but a total body workout should be expected every class. Formats may include floor or step aerobics, yoga, and strength training with options for participants to increase/decrease intensity to their own fitness level. 8 classes

Exercise Studio

October - May hours of operation:
Monday-Friday 9:00 AM-9:00 PM
Saturday 10:00 AM-9:00 PM
Sunday 12:00-7:00 PM

The Exercise studio is equipped with treadmills, stationary bicycles, elliptical trainers, weight resistance machines, hand-weights ranging from 1lb-45 lbs, training bands and mirrored walls. Everything needed to get in shape and stay in shape. A small stereo and color television with local cable service help the distances go quickly while working out on the cardio-equipment. Keep track of the pounds with the calibrated scales. Daily admissions fees apply and discount passes are available. For more details, call (540) 955-5140.



Cardio Boot Camp

Activity #: Date:
140307E 9/21-11/2 (no 10/12)
140307F 11/16-12/21
Age: 16+
Day: Monday
Time: 7:45-8:45 PM
Fee: \$36.00, \$8.00 drop-in fee
Instructor: Holli of Xtreme Fit Studio

Energize your workout with a combination training class! All fitness levels are welcome. Participants will experience a rewarding cardio and strength-training program that will incorporate elements of calisthenics, aerobic dance, martial arts, boxing, and kick boxing. 6 classes

Yoga Tone

Activity #: Date:
140307C 9/15-10/27
140307D 11/10-12/22
Age: 16+
Day: Tuesday
Time: 6:30-7:30 PM
Fee: \$42.00, \$8.00 drop-in fee
Instructor: Shirley of Xtreme Fit Studio

This is a mixed level combination yoga and strength training/toning class. Modifications to increase/decrease difficulty will be offered. Emphasis will be on postures, breathing, and strength training exercises designed to tone the whole body. 7 classes

Middle Eastern "Belly" Dancing

Activity #: Date:
140309C 9/15-11/3
140309D 11/10-12/29
Age: 16+
Day: 7:00-8:00 PM
Time: Tuesdays
Fee: \$48.00, \$8.00 drop-in fee
Instructor: Dian Hanna
Location: Millwood Community Center



Learning stomach rolls, hip undulations, rib cage motions, and veil swirling while gaining knowledge of the meanings behind these artistic movements that have been practiced for thousands of years. Participants should wear socks. 8 classes

Total Fitness Buffet

Activity #: Date:
140307A 9/16-11/4
140307B 11/11-12/30
Age: 16+
Day: Wednesday
Time: 6:30-7:30 PM
Fee: \$48.00, \$8.00 drop-in fee
Instructor: Holli of Xtreme Fit Studio

Energize your workout with this combination aerobics, yoga, pilates, and strength training class! All fitness levels welcome. 8 classes

Personal Training

Activity #: 140308A
Age: 18+
Date: 9/1-12/31
Fee: \$30.00 per appointment

Individualized fitness training sessions help you attain your goals faster. After you register, a trainer will contact you to set up a mutually convenient appointment. Each appointment is at least one hour.

Mom & Me Belly Dancing

Activity #: Date:
140309E 9/16-10/28
140309F 11/4-12/16
Age: 6-13
Day: 7:45-8:45 PM
Time: Wednesday
Fee: \$56.00, \$10.00 drop-in fee
Instructor: Marla Parker

Belly Dancing for Fitness

Activity #: Date:
140309A 9/17-10/29
140309B 11/5-12/31 (no 11/26, 12/24)
Age: 16+
Day: 6:30-7:30 PM
Time: Thursday
Fee: \$42.00, \$8.00 drop-in fee
Instructor: Marla Parker

Belly dance is one of the safest, simplest, and most effective ways to achieve and maintain fitness. Learn the basics moves and techniques to thoroughly exercise your body while being low impact, relaxing, and fun. The mom and me class offers moms the opportunity to take the class with their child. Participants should wear socks. 7 classes

Latin Fusion

Activity #: Date:
140307G 9/17-10/29
140307H 11/5-12/31 (no 11/26, 12/24)
Age: 16+
Day: Thursday
Time: 7:45-8:45 PM
Fee: \$42.00, \$8.00 drop-in fee
Instructor: Holli of Xtreme Fit Studio

Latin Fusion combines easy to follow hip-hop and Latin dance movements with rhythmic energetic music to create a dynamic physical and mental exercise experience. Water and a towel are recommended. 7 classes

Instructors always needed.
If you have a special talent you would like to share please complete an employment application or call us at 540-955-5140.

General Interest

Recognizing Child Abuse & Neglect Training

Activity #: Date:
140606A 9/30
140606B 11/11
Age: 16+
Day: Wednesday
Time: 6:30-8:30 PM
Fee: \$10.00
Instructor: Toby Austin, Robin Rhodes

This course is designed for persons mandated under the Code of Virginia to report suspected cases of child abuse and neglect. Other interested persons are also welcome. This course assists in recognizing and reporting child abuse and neglect to the proper authorities. 1 class

Daily Health and Blood-borne Training

Activity #: Date:
140609A 10/7
140609B 12/2
Age: 16+
Day: Wednesday
Time: 7:00-8:30 PM
Fee: \$10.00
Instructor: Mary Borger

This course trains child-care providers to identify a sick child and prevent the spread of communicable diseases. OSHA regulations in preventing the transmission of blood-borne pathogens will be discussed. 1 class

Parks & Recreation Advisory Board

Lawrence White, Chairman
Paul Jones, Vice-Chairman
Steve Wisecarver Daniel Sheetz
Gary Lichliter Janelle Allison
Ronnie Huff Emily Rhodes
Dennis Heflin

P&R Advisory Board meetings are held the third Wednesday of each month at 6:00 PM at the Recreation Center and are open to the public.



Red Cross Community CPR & First Aid

Activity #: 140603A
Age: 14+
Day: Saturday
Date: 11/14
Time: 10:00 AM-6:00 PM
Fee: \$70.00
Instructor: Elizabeth Coberly

This course combines lectures, demonstrations and video with hands-on training and practice. Participants will learn to recognize and respond to emergencies involving adults, children, & infants and how to perform first aid. Class fee includes all materials. 1 class

Medicine Administration Training

Activity #: Date:
140609C 9/3-9/4
140609D 11/4-11/5
Age: 16+
Day: Session C: Thursday & Friday
Session D: Wednesday & Thursday
Time: First day: 9:00 AM-2:30 PM
Second day: 9:00 AM- 4:00 PM
Fee: \$50.00
Instructor: Mary Borger
Pre-requisite: Proof of current certification in CPR & First Aid at 1st class

This is an 8-hour competency based course to train on how to safely administer medication to children through the following routes: oral, topical, inhaled, nebulized, medicated patches, eye, ear, nose & emergency injection of epinephrine using a auto-injector device. Staff who work in licensed or regulated child day programs and give prescription drugs to children are required by the code of Virginia to satisfactorily complete this training by passing written and practical tests. Participants need a 3-ring binder, post-it notes, highlighter, pen, and a photo id for class. Space is limited. 2 classes



Red Cross Community CPR, First Aid Recert

Activity #: 140603B
Age: 14+
Day: Wednesday
Date: 10/28
Time: 6:00-9:00 PM
Fee: \$35.00
Instructor: Elizabeth Coberly

This class is designed for individuals who are **currently** certified in Community CPR & First Aid. Training videos and skills will be reviewed with participants prior to testing. Please bring your book to class. 1 class



Red Cross Babysitter Training

Activity #: 130712A
Age: 11+
Day: Monday
Date: 10/12
Time: 9:00-3:30 PM
Fee: \$65.00 plus \$12.00 for an optional babysitter handbag
Instructor: Mary Veilleux

This course has a unique interactive, educational format that challenges youth, with activities such as identifying safety problems around the house and yard, as well as selecting age-appropriate toys and games for children in their care. Participants learn by doing. There will be a half-hour lunch break, bring a packed lunch. 1 class

Basics of Microsoft Word

Activity #: 151302A
Age: 16+
Day: Saturday
Date: 10/3
Time: 9:00 AM-12:00 PM
Fee: \$36.00
Instructor: Jay Jeffries
Location: Clarke County High School Computer Lab

Create a letter and a flyer in Microsoft Word using basic skills. Learn to format text, add pictures, create tables, and prepare a document to be printed. 1 class



Basics of Microsoft Excel

Activity #: 151302B
 Age: 16+
 Day: Saturday
 Date: 11/14
 Time: 9:00 AM-12:00 PM
 Fee: \$36.00
 Instructor: Jay Jeffries
 Location: Clarke County High School Computer Lab

Upon completion of this course, participants will understand how and why to use a spreadsheet, be able to create and format basic worksheets, and know how to incorporate basic formulas to add more functionality to the worksheet. 1 class

Microsoft PowerPoint Basics

Activity #: 151302D
 Age: 16+
 Day: Saturday
 Date: 12/12
 Time: 9:00 AM-12:00 PM
 Fee: \$36.00
 Instructor: Jay Jeffries
 Location: Clarke County High School Computer Lab

Create a multiple slide show presentation with text and pictures. Learn to animate slides for a more powerful and eye-catching presentation. 1 class

NEW!!! Intro to Basic Dog Grooming

Activity #: 150608C
 Age: 5 months+, Handler 16+
 Date: 9/14-10/12
 Day: Monday
 Time: 6:30-7:30 PM
 Fee: \$95.00
 Instructor: Gary Fisher

This course will explore why grooming is important. Topics will include health checks, coat care, bathing practices, and routine grooming schedules. **Do NOT bring your dog to first class.** 5 classes



NEW!!! Intro to Junior Showmanship

Activity #: 150608D
 Age: 6 months+, Handler 9-18
 Date: 9/14-10/12
 Day: Monday
 Time: 7:45-8:45 PM
 Fee: \$95.00
 Instructor: Gary Fisher

Have you ever watched dog shows and wondered how to show a dog competitively? This class focuses on the handler and not the quality of the dog. Participants will learn how to show a dog. This class will examine age groups, class categories, AKC registration, proper presentation and grooming skills. **Participants should bring their dog to ALL classes.** 5 classes



Basic Manners: Positive Dog Training

Activity #: 150608B
 Age: Dogs 5 months+, Handlers 16+
 Day: Monday
 Date: 11/2-12/14
 Time: 6:30-7:30 PM
 Fee: \$150.00
 Instructor: Cari Messick

Puppy Kindergarten

Activity #: 150608A
 Age: 10 weeks-5 months, Handlers 16+
 Day: Monday
 Date: 11/2-12/14
 Time: 7:45-8:45 PM
 Fee: \$150.00
 Instructor: Cari Messick

A copy of the vaccination records is required at the first class. Required class supplies include a flat or buckle collar, a 6 ft nylon or leather leash, and treats. Dogs & Puppies will learn the basic good manners needed to be a good family companion in an all positive training environment. The puppy handlers will also learn how to socialize and manage common puppy issues while having fun! Participants will also receive a training manual with homework assignments each week. **Please provide the age, breed, name and sex of your puppy at registration. Do NOT bring your dog to the first class.** 7 classes

NEW!!! Maintain Your Landscape

Activity #: 150715A
 Age: 16+
 Date: 9/15-10/20
 Day: Tuesdays
 Time: 8:00-9:00 PM
 Fee: \$78.00
 Instructor: Mike Hofmann

Are you ready to take care of your landscape yourself, but don't know where to start? This class will expertly answer all of your questions about lawn care, pruning, mulching, weed control, and design basics from a knowledgeable and experienced instructor. 6 classes

How to Become a Mystery Shopper

Activity #: 150716A
 Date: 9/23
 150716B 10/14
 150716C 11/4
 150716D 12/9
 Age: 18+
 Day: Wednesday
 Time: 6:30-7:30 PM
 Fee: \$20.00
 Instructor: Megan Hardy

Do you shop and want to get paid for it? I've got the information you need. I am supplying you with all the information to be become a mystery shopper. I will teach the ins and outs of this past time and help you have fun while shopping. I will tell you about the scams out there, like paying for shops, which is a HUGE NO! Come, learn and mystery shop along side the best! 1 class

"Roll It, Take It, Leave It, Move It: Know your Employer Retirement Plan Options"

Activity #: 140608A
 Age: 16+
 Day: Tuesday
 Date: 10/27
 Time: 6:30-7:30 PM
 Fee: Recreation Center General Admission
 Instructor: Betty Schutte-Box, CFP with Edward Jones

How you handle your 401(k), pension or other employer sponsored retirement plan when you leave your job is one of the most important financial decisions you can make. Learn about the 5 most common distribution options, avoiding the IRS withholding 20% of your distribution, special considerations if you own employer stock, and factoring taxes, penalties & investment options so you will be able to make an informed decision. 1 class



Kid's Core-ner

Science Discovery Club

Activity #: Date:
 120706A 9/15-10/20
 120706B 10/27-12/8 (No 11/3)
 Age: K-5th Grade
 Day: Tuesday
 Time: 4:30-5:30 PM
 Fee: \$10.00 (plus \$15.00 materials fee payable to the instructor)
 Instructor: Jennifer Wiseman

Session A: Environmental Club: Create a Wetland, Clean up an Oil Spill, What is the Pucker Effect, Rainsticks, and Restoring Natural Environments. Come and find out how to save our environment! **Session B: Science Club:** come and be a scientist who will explore, ask questions, do experiments, and try new activities. Students will keep their very own Science Journal. 6 classes

It's All About Drama!

Activity #: 120712A
 Age: 11-14
 Day: M-W
 Date: 9/9-11/14*
 Time: 3:30-5:00 PM
 Fee: \$50.00
 Instructor: Andy Kiser
 Location: JWMS Auditorium
Registration Deadline: 9/14

This 10-week course will introduce middle-school aged children to the world of live theatre. Participants will experience theatre workshops covering the basics of stagecraft, blocking, character development, improv, mime, voice/diction, and stage combat. * The skills learned will culminate in the production of a play on 11/13 & 11/14.

Clarke County Carolers

Activity #: 120707C
 Age: 10-17
 Day: Mon & Wed
 Date: 11/16-12/16 (No 11/25)
 Time: 6:00-7:00 PM
 Fee: \$40.00
 Instructors: Susan Merriman
 Location: Millwood Community Center

This class is for children wishing to learn the basics of singing and musicianship and focuses on singing holiday favorites in a choral setting. This class culminates with a special Holiday Music Performance on Wednesday December 16th.

Learn To Sing!

Activity #: Date:
 120707A 9/23-10/14
 120707B 10/21-11/11
 Age: 14 to Adult
 Day: Wednesday
 Time: 7:15-8:30 PM
 Fee: \$40.00
 Instructors: Susan Merriman
 Location: Millwood Community Center

Have you always wanted to know how to sing? Maybe you just need a little bit of training to join that choir or just belt out a tune! This singing class will show you what it takes to sing well. Learn the basics of singing such as breath control, tone production and stage presence in a supportive group atmosphere. We will also discuss how to keep your voice healthy and sing you're very best! 4 classes.



Pre-Ballet I

Activity #: Dates:
 110705A 9/11-10/2
 110705B 10/9-10/30 (No 11/6)
 110705C 11/13-12/11 (No 11/27)
 Age: 3-5
 Day: Friday
 Time: 4:00-4:30 PM
 Fee: \$30.00
 Instructor: Alyssa Peters

These classes are designed to introduce your children to ballet and help improve children's coordination, rhythm and social skills. Classes will incorporate dance movements with music, coordination exercises and the basic poses of ballet. 4 classes

Ballet/Tap

Activity #: Dates:
 110708A 9/11-10/2
 110708B 10/9-10/30
 110708C 11/13-12/11 (No 11/27)
 Age: 3-5
 Day: Friday
 Time: 4:40-5:25 PM
 Fee: \$30.00
 Instructor: Alyssa Peters

Students will be taught basic techniques of ballet and tap. Ms. Peters will be combining both forms in a fun and creative way. Tap shoes are required. 4 classes

Mommy & Me Dance Class

Activity #: Dates:
 110706A 9/15-10/6
 110706B 10/13-11/3
 110706C 11/10-12/8 (No 11/24)
 Age: 3+
 Day: Tuesday
 Time: 4:30-5:15 PM
 Fee: \$40.00
 Instructor: Debra Libert
 Location: Millwood Community Center

Kids – get ready to have some fun with Mom! This class has been designed as an introductory ballet class with an extra special touch. Participants will explore the wonderful world of dance and learn basic moves that will be choreographed for a final class performance. Class fee is for both parent and child. 4 classes

Jazz/Hip Hop Dance

Activity #: Dates:
 120708A 9/11-10/2
 120708B 10/9-10/30
 120708C 11/13-12/11 (No 11/27)
 Age: 6-10
 Day: Friday
 Time: 5:35-6:20 PM
 Fee: \$30.00
 Instructor: Alyssa Peters

This class is an introduction to the basic techniques of jazz dance. Students will be taught to understand rhythm and learn various active dance combinations. These combinations will then be choreographed with music and result in learning some new funky combinations that create a fun routine. 4 classes

Holiday Dance Recital

The children will be hard at work this fall learning about dance & practicing their routines for the Holiday Dance recital to be held on the last day of all dance classes. Holiday cookies and refreshments will be served for participants and their families.

Jr Jazzercise I

Activity #: Date:
 140602A 9/15-10/20*
 140602B 10/27-12/8 (No 11/24)
 Age: 12-15
 Day: Tuesday
 Time: 3:30-4:35 PM
 Fee: \$30.00 (*\$5 material fee payable to instructor)
 Instructors: Diane Sheehey and Karen Ridings, R.D., Virginia
 Cooperative Frederick/Clarke County Extension
 Location: JWMS

* The first session of Jazzercise class will have a 20 minute Health/Nutrition Class preceding the Jazzercise class to help participants learn healthy eating habits. This course is designed for participants to get into shape while still having fun with choreographed routines set to age-appropriate music. 6 classes

Children's Halloween Crafts and Candy

Activity #: 111201A
Age: 3+
Day: Saturday
Date: 10/10
Time: 9:30-11:30AM
Fee: \$10.00
Instructor: Sara Hartsell

Bring your child out and let them participate in a class where Halloween is the theme for the day. Participants will make spooky candy treats and a craft. Parent helpers are required to help out their little ones. 1 class



Holiday Cookies

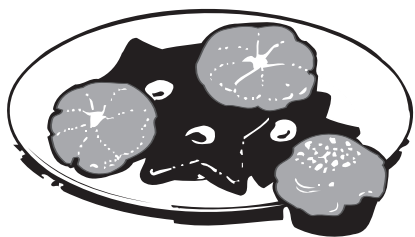
Activity #: 111201B
Age: 6-14
Day: Saturday
Date: 12/5
Time: 9:30-11:30AM
Fee: \$15.00
Instructor: Sara Hartsell

Celebrate the season with some yummy holiday cookies. Children will make a variety of holiday cookies from scratch. Bring a container for your cookies to take home with you. 1 class

Children's Christmas Crafts & Gingerbread Houses

Activity #: 120709A
Age: 3+ with parent supervision
Day: Saturday
Date: 12/12
Time: 9:30-11:30AM
Fee: \$18.00 per house
Instructor: Sara Hartsell
Registration Deadline: 12/8

Sign-up early to reserve your spot in our festive class. This is the perfect opportunity for families to spend some quality time and have fun using their creative skills. Parents are required to attend with their children. Christmas crafts, house and cookie decorating included. 1 class



ABC's & 123's

Activity #: Date:
111204A 9/10-10/1
111204B 10/8-10/29
111204C 11/5-12/3(No 11/26)
Age: 3-5
Day: Thursday
Time: 9:15-10:15AM
Fee: \$30.00
Instructor: Pam Murphy

Pre-schoolers will have an opportunity to explore and learn. We will have sensory tables, games, activities, and play with our equipment. Each week will offer different themes while allowing children to develop their social skills, coordination and movement. Each class will end with a short interactive story or song. 4 classes



How to Teach your Child to Read

Activity #: Date:
110709A 11/10
110709B 12/08
Age: Parent/Caregivers
Day: Tuesday
Time: 7:00-8:30PM
Fee: \$10.00 plus a \$10.00 material fee payable to instructor
Instructor: Jennifer Welliver

A one and half hour class designed to help parents and caregivers teach their children to read. Participants will receive small group instruction and a take home-learn to read workbook. Our instructor will offer helpful advice and guidance for teaching children to read. 1 class.

Bounce, Rock and Giggle for Infants

Activity #: Dates:
110703A 9/11-10/2
110703B 10/9-10/30
110703C 11/13-12/11(No 11/27)
Age: 3-18 month old
Day: Friday
Time: 9:30-10:00AM
Fee: \$30.00
Instructor: Brianne Nei

Join other new parents in a time of music and movement with your baby (ages 3-18 months). Babies will be all smiles as they bounce, rock, and giggle with you! Curriculum will vary from month to month to keep classes fun and exciting! 4 classes.



Sing, Clap, and Tickle for Toddlers

Activity #: Dates:
110704A 9/11-10/2
110704B 10/9-10/30
110704C 11/13-12/11(No 11/27)
Age: 18 month-3 year old
Day: Friday
Time: 10:15-10:45AM
Fee: \$30.00
Instructor: Brianne Nei

Parents & toddlers (ages 18 month-3 years) come join us in a fun and exciting time of music, dance, and play! Curriculum will vary from month to month to keep classes fun and exciting! 4 classes.

Afterschool with the Park for 2009/2010 School Year

Activity #: 511101
Ages: K-5th grade
Day: Monday-Friday
Date: Follows Clarke County Public School Schedule
Time: 3:00-6:00 PM
Fee: \$42.00 per week (paid monthly plus a \$15.00 non-refundable registration fee)
Location: Clarke Co. Recreation Center
Registration Began: June 1st

Program runs daily on regular school days and provides full day care on teacher workdays (there is an additional fee on full days). Transportation provided to Clarke Co. Recreation Center for children who attend D.G. Cooley, Boyce Elementary or Berryville Primary.

Winter Break Day Camp

Activity #:	Dates:	Activity #:	Dates:
121105A	12/23	121105C	12/29
121105B	12/28	121105D	12/30

Age: K-5TH Grade
Day: Varies
Time: 7:30AM-6:00PM
Fee: \$20 per day
Registration Deadline: 12/9

Looking for something to do over the holiday break? Come join in the fun! Participants will busy with arts and crafts projects, baking yummy treats, playing games and free time in the gym. Register early for this camp! It must meet minimum enrollment by 12/9.

Sports & Athletics

Youth Open Soccer

Activity #: 150901A
 Age: 5-18
 Day: Friday
 Date: 9/11-10/30
 Time: 1:30-3:30PM
 Fee: \$5.00
 Instructor: Tim Frenz

Participants must wear shin guards and bring their own balls. Parents are required to help out with this program to keep the cost low and keep it open to large numbers of players. Participants will receive instruction in kicking, dribbling and passing the ball. Scrimmages will be set up with individuals in your own age group. Parents are required to help at least one day during the season.



Cheer Eruption All Star Gymnastics I

Activity #: Dates:
 120713A 9/17-10/8
 120713B 10/15-11/5
 120713C 11/12-12/10 (No 11/26)
 Age: 6-8
 Day: Thursday
 Time: 4:15-5:05PM
 Fee: \$40.00
 Instructor: Christel Montgomery
 Location: D.G. Cooley Gym

Cheer Eruption All Star Gymnastics II

Activity #: Dates:
 120714A 9/17-10/8
 120714B 10/15-11/5
 120714C 11/12-12/10 (No 11/26)
 Age: 9-11
 Day: Thursday
 Time: 5:15-6:15PM
 Fee: \$45.00
 Instructor: Christel Montgomery
 Location: D.G. Cooley Gym

Our Gymnastic programs will focus on basic gymnastics skills featuring tumbling. Your child will learn good body positioning, strength training, and coordination using various pieces of equipment while having FUN and being SAFE. 4 Classes.

Wrestling Club

Activity #: 120909A
 Age: 1st-8th grade
 Date: 11/10/09-02/18/09
 Day: Tuesday and Thursday
 Time: 6:30-8:00PM
 Fee: \$35.00
 Instructor: Jon VanSice and Pete Fens
 Location: JWMS - Cafeteria

Our mission for the wrestling club is to teach students about the fundamentals of wrestling, to encourage physical fitness, to promote good sportsmanship and to develop self-discipline and determination. Experienced volunteers are welcome for further information please contact Jon VanSice at 955-4208.



Youth Tennis Lessons

Activity #: Date:
 120908A 9/9-9/30
 Age: 12+
 Day: Wednesday
 Time: 6:00-7:00PM*
 Fee: \$40.00
 Instructor: Jim Noland

Adult Tennis Lessons

Activity #: Date:
 150904A 9/9-9/30
 Age: 16+
 Day: Wednesday
 Time: 7:15-8:15PM*
 Fee: \$40.00
 Instructor: Jim Noland

Whether you're just starting out or want to brush up on your tennis skills. One of these classes should be right for you. Participants will learn the fundamentals of tennis and improve upon their present skill level. (*Class times may be changed if classes are missed due to weather). 4 classes



Co-ed Volleyball Organizational Meeting

Wednesday, November 4, at 7:00pm

Any person(s) wishing to enter a team in our Co-ed Volleyball Leagues are invited to attend this meeting. The league rules as well as the league fees will be discussed at this meeting. Registration for the league is from November 4th to December 8th and the playing season will be from December thru April.

Instructional Co-ed Volleyball

Activity #: 150903D
 Age: 16+
 Date: 11/3-12/8
 Day: Tuesday
 Time: 6:30-8:30 PM
 Fee: \$20.00
 Instructor: Joanne Todd

Looking for a team sport? Participants can sign up for our Instructional Volleyball program. Learn the basics of volleyball and brush up on your skills before the season begins.

Recreational Co-ed Volleyball League

Activity #: 150903A "A" League
 150903B "B" League
 150903C "C" League
 Age: 16+
 Day: Tuesday and Friday
 Date: Practices begin 12/4
 Games begin 1/5
 Time: Games begin at 6:30pm
 Fee: \$160 per team (All Leagues are self referee)

Registration Deadline: 12/8

"A" league is a competitive division. Teams composed of players with excellent skills. They work together as a team. Players have ability to play all positions, although they usually play specific positions.

"B" league is reserved for teams who had difficulty at the 'A' level previously or did well at the "B" level last year. Players do not make frequent playing violations and know the rules.

"C" league is a recreational division for teams that want to play some volleyball and have a good time. Some players have average skills while others have not played much. Basically the focus here is on "doing the best you can", "have a few laughs" and "get some exercise".



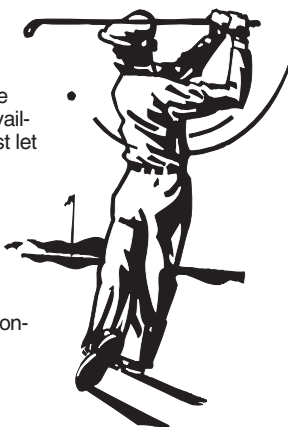
Junior Golf Clinics

Activity #: Date:
 120907A 9/13-10/4
 120907B 10/18-11/8
 Time: 2:00-3:15 PM
 Day: Sundays
 Age: 8-15
 Fee: \$65.00
 Instructor: Ed Hall
 Location: Locust Hill Golf Course

Adult Golf Clinics

Activity #: Date:
 150909A 9/13-10/4
 150909B 10/18-11/8
 Time: 12:30-1:45 PM
 Day: Sundays
 Age: 16+
 Fee: \$65.00
 Instructor: Ed Hall
 Location: Locust Hill Golf Course

Participant will be taught: Grip, Putting, Golf Swing, Golf etiquette, and Practice Drills. Clubs are available if needed. Just let us know. Ed Hall, Professional Golf Instructor for Locust Hill Golf Course has over 35 years of teaching experience. He can be contacted @ 703-447-3977.



Clarke County Youth Sports Organizations

Clarke County Youth Basketball
 Debbie Hardesty 955-3076
 clarkecountyyouthbasketball.com
 P.O. Box 82 Berryville, VA 22611

Clarke County Little League
 955-9950
 Kim Braithwaite 955-2147
 Eteamz.com/clarkecountylittleleague
 P.O. Box 812 Berryville, VA 22611

Clarke County Youth Soccer
 Hotline 540-955-9002
 Clarkesoccer.org
 P.O. Box 720 Berryville, VA 22611

Clarke Co. Youth Football
 Pete McClean 571-437-7305
 www.ccyfinc.com
 P.O. Box 967 Berryville, VA 22611

Clarke County Youth Cheerleading
 Hope Cather 540-550-4277

Wee Gym

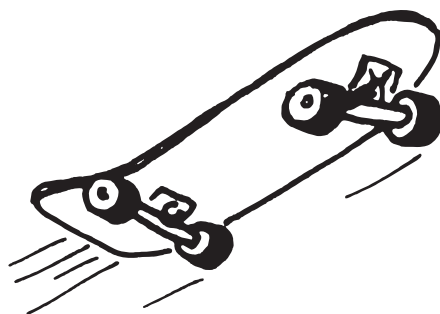
Wee Gym, provides young children fantastic learning opportunities to develop locomotion, confidence, balance and motor skills. Specific, age appropriate safety approved equipment including mats for jumping and tumbling, balls for bouncing and rolling, age appropriate manipulatives and parachutes for group activities provided in a safe, fun environment.

This is an unstructured program and you are your child's instructor.

Program runs October thru March, Tuesdays & Thursdays 9:00AM-12:00PM

Open to all children ages 0-5 when accompanied and supervised by an adult.

\$3.00 for one adult and one child, \$1.00 for each additional child.



Skate Park

Hours Of Operation:

Saturday, Aug 22nd

1:00 PM - 4:00 PM

(Recreation Parking Lot)

Saturday, Aug 29th

1:00 PM - 4:00 PM

(Recreation Parking Lot)

Saturday, Sept 19th

1:00 PM - 4:00 PM

(Pool Parking Lot)

Saturday, Sept 26th

1:00 PM - 4:00 PM

(Pool Parking Lot)

The skate park is open to all ages. 9 and under must be accompanied by an adult. Ramps and grind rails are set up at the Recreation Center in August. Starting in September will be set up at the Pool Parking Lot. Helmets are required and pads are recommended.



Horizon Basketball Association

P O Box 650984,
 Potomac Falls, VA 20165-0894
 www.horizonbasketball.com
 571 434-8HBA (8422)

Clarke County Parks and Recreation in coordination with *Horizon Basketball Association* are pleased to present the following Basketball Programs at Chet Hobert Park in Berryville. Wanted players and coaches!

The **Horizon Basketball Development League** combines clinic-like instruction and league play in a 8-10 week session league. The HBDL features a session-to-session teaching progression to develop the skills and teach the concepts that enhance and raise *Basketball Intelligence*.

Each team uses the same core curriculum that emphasizes teaching game skills in a game context. The positive benefits of the HBDL are: **Everyone plays, less performance pressure, No negative coaching, and more action, fun and additional instruction.**

Typical session: 1st hour: Clinic like instruction with week-by-week progression, 2nd hour: 5 on 5 league play. Coaches get written information on how to Coach and are instructed by Anton Perkins, Master Coach in a class like environment.

Begins September 12, 2009 at Clarke County Recreation Center League play Sat/Sun

****Please note that ALL REGISTRATIONS and Enrollment Information for this program will be handled directly with the Horizon Basketball Association. Please visit their website at www.horizonbasketball.com or contact them at 571 434-8HBA (8422) for details. *Participants can begin registration for this program - AUGUST 1ST.***

Trips, Tours & Adventures

Caribbean Cruise

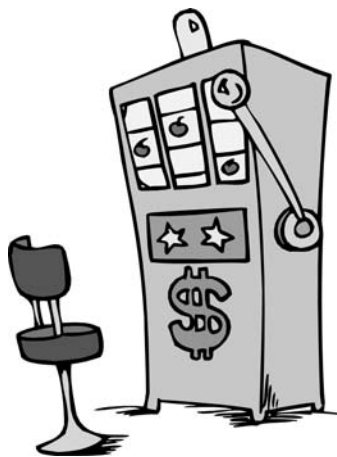
Activity #: 141002A
Age: 18+
Day: TBD
Date: TBD
Time: Departure time TBD
Fee: Contact the Park for Travel Itinerary, Fees and Deposit Info

Atlantic City Trip

Activity #: 141007A
Age: 21+
Day: Saturday
Date: 9/26
Time: departs at 4:45 AM
Fee: \$64.00 {Bonus: \$25.00 and (buffet value \$25.00)}

Registration Deadline: 9/14

Clarke County Parks and Recreation in conjunction with Schrock Tour and Travel would like to invite you to join us on this fabulous trip. Participants can try their luck at the Tropicana Casino, shop, or go for a stroll on the Boardwalk. Dinner and Transportation is included in the trip package. Bonuses are subject to change by the casino without notice.



Hagerstown Outlets Shopping Trip

Activity #: 161004A
Age: 18+
Day: Tuesday
Date: 11/17
Time: Depart at 9:30AM, Return about 4:30PM
Fee: \$15.00

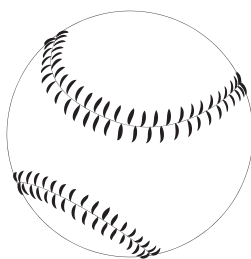
Shoppers on your mark get set, shop! Beat the holiday rush and take advantage of the early arrival of inventory and special discounts at these outlets. Van transportation is provided. Lunch is on your own.



Baltimore Orioles Vs Boston Red Sox

Activity #: 161005A
Age: 8+ (anyone under 18 must be accompanied by an adult)
Day: Saturday
Date: 9/19/09
Time: Depart from Recreation Center promptly at 4:00 PM
Fee: \$45.00

Travel with us to see the Orioles go up against their Division rivals the Boston Red Sox at Camden Yards. Start time is 7:05 PM. Ticket and Van transportation is included. Bring your team spirit with you!



Candlelight Ghost Tours of Fredericksburg

Activity #: 151011A
Age: All (under 18 must be accompanied by an adult)
Day: Saturday
Date: 10/3
Time: Depart at 3:00PM
Fee: \$25.00

From its Colonial heritage to the horror of being the focal point of four major Civil War battles, Fredericksburg has more history, more battles, and more ghosts than any other city in America. Combining history with mysterious tales of the still lurking dead, costumed guides will conduct a 90 minute, comfortably-paced, candlelight walking tours filling the evenings with folklore. Participants should wear sturdy walking shoes. We will be stopping off for some hot beverages and story sharing after the tour. Transportation and tour admission is included in the price.

Mid-week Hikes

Age: 18+
Day: Thursday
Time: Depart at 9:00 AM, Return around 3:00 PM
Fee: \$13.00

Enjoy nature in the company of friends, on hikes 3-4 miles long led by naturalist Kristin Zimet. Wear sturdy shoes, dress in layers and bring lunch and water. On the way home we like to stop for dessert and coffee.

Activity #:	Date:	Location:
141001A	9/10/09	Cross County Trail, VA
141001B	9/17/09	Shenandoah National Park, VA (longer drive)
141001C	9/24/09	C & O Canal, MD
141001D	10/1/09	Thompson WMA, VA (might include Fox Mtn Winery; \$4 tasting fee)
141001E	10/8/09	Fall Canoe Trip (add \$15 rental fee)
141001F	10/15/09	Appalachian Trail, MD
141001G	10/22/09	C & O Canal, MD
141001H	10/29/09	Bull Run Mountains, VA
141001I	11/5/09	Sky Meadows State Park, VA
141001J	11/12/09	C & O Canal, MD
141001K	11/19/09	Little Bennett Regional Park, MD
141001L	12/3/09	Burke Lake, VA
141001M	12/10/09	Locke's Mill and Christmas Potluck
141001N	12/17/09	C & O Canal, MD (backup date for potluck)

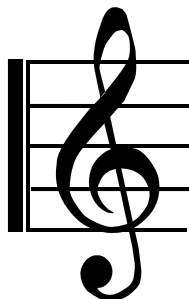
Special Events

FREE Fall Concert

Activity #: 150804A
Age: All
Day: Wednesday
Date: 8/26
Time: 6:00-9:00 PM
Fee: FREE

This concert features "Nice People", a local couple who specialize in positive contemporary music. Bring a picnic dinner and a blanket or lawn chair to enjoy the uplifting music on the stage in Chet Hobert Park.

Concert is held Rain or Shine! In case of inclement weather the event is moved into the adjacent Recreation Center.



Haunted Walking Trail

Activity #: 150803A
Age: 8+
Day: Friday & Saturday
Date: 10/23-10/24
Weather Make-up Date 10/30
Time: 7:00-10:00 PM
Fee: \$5.00

All new each year! Are you brave enough to risk a journey through the dark and spooky woods of Chet Hobert Park? This walking tour, offers a scary adventure for all who dare to participate. Come experience all the thrills and chills of our event.

Hayrides

Activity #: 150803B
Age: All
Day: Friday & Saturday
Date: 10/23-10/24
Weather Make-up Date 10/30
Time: 7:00-10:00 PM
Fee: \$2.00

Enjoy a pleasant hayride around Chet Hobert Park.



Letter from Santa

Activity #: 150801A
Age: Newborn +
Day: All
Date: 11/19-12/17
Time: Operating Hours
Fee: \$3.00
Deadline: 12/17

Your child will be thrilled to receive a personalized letter from Santa!

Included with the personalized letter is Santa's agenda for the month of December, a recipe/craft from Mrs. Claus, and a few tidbits from the North Pole. Newborns will receive a baby's first Christmas poem from Santa instead of a letter.

A special "Letter from Santa" form must be completed at registration.



Holiday Homes Tour

Activity #: 150806A
Ages: 16+
Day: Saturday
Date: 12/12
Time: 10:00 AM-4:00 PM
Fee: \$20

Take a leisurely, self-guided tour through some of the most beautiful homes in the area, decorated for the holiday season. This event is co-sponsored with the Town and Country Garden Club. The list of homes will be available 10/15. **Tickets go on sale 11/11** at the Recreation Center.



Enchanted Pumpkin Patch

Activity #: 150802A
Age: 0-10
Day: Saturday
Date: 10/31
Time: 11:00AM -1:00 PM
Fee: \$4.00

This delightful play area and party will get youngsters excited about Halloween! There will be plenty of Halloween themed activities, games, prizes, music, candy, and decorations for everyone to enjoy. Youngsters are encouraged to wear a costume.

Pizza Party with Santa

Activity #: 150805A
Time: 3:00-5:00 PM
Age: 2-8,
Adult supervision required
Day: Saturday
Date: 12/19
Fee: \$5.00 per person
Registration Deadline: 12/11

This is an evening of fun especially designed for children! The fun includes playtime in a holiday themed area and is immediately followed by a pizza party. During the pizza party Santa will mingle with everyone before sitting down to meet with each child individually. Children will be called one at a time to see Santa and tell him what they want for the holidays, receive a special gift, and get their picture taken with him.



Family Fun Day at the Park

Activity #: 150807A
Age: All
Day: Saturday
Date: 9/12/09
Time: 10:00-2:00 PM
Fee: FREE

Clarke County Parks and Recreation in partnership with *Golden Living Center-Rose Hill* would like to invite you and your family over for an afternoon of **FREE** fun and entertainment!

Bring a blanket or lawn chair and enjoy the music on our stage by the new playground

Health and Safety checks

Vendor Booths

Moon Bounce, kids games/activities

Free Food - Hot dogs, chips, popcorn

Bingo and Relay Races

Duck Races* (Ducks may be purchased in advance)

Bake Sale*

Vendor Tables**

*(to benefit CCPR & an organization designated by Rose Hill)

** (Yard sale and Craft tables will be available for a small rental fee)

The Swimming Pool will be open from 12-6 PM. General fee admissions to the pool will apply. Discounted fees are available with coupon that can be picked up at the Family Fun Day information booth. These fees will be \$2.00 for adults age 16 and up and \$1.00 for children 015.

Food Drive donations will be accepted

**Family Fun day will be held
Rain or Shine!**

In case of inclement weather the event is moved into the adjacent Recreation Center

Registration Information

How to Register

WALK IN – to the Clarke County Recreation Center during normal operating hours.

MAIL IN – Enclose your registration form and check or *credit card information and mail to: CCPR - Program Registration, 225 Al Smith Circle, Berryville, VA 22611

PHONE IN - Call us at 540-955-5140 during normal operating hours. Be sure to have your registration information and credit card information accessible at the time that you call.

FAX IN - for 24-hour service, you can fax your registration form with *credit card information to 540-955-4049.

***NOTE - A credit card service company will assess a small convenience fee to your credit card statement. Fees vary according to the charge amount. Please call us at 955-5140 for the fee schedule.**

Fees

Payment must accompany registration. A \$20 fee is charged for returned checks.

Refunds

Refunds will be given for medical reasons only and must be requested one week prior to the class. A \$5.00 administrative fee will be charged for all refunds. Class credits will be issued for cancellations less than one week prior to the class for medical reasons only. If the P&R Department cancels a program, a full refund will be processed.

Cancellations

We reserve the right to cancel a program due to insufficient enrollment. It requires a certain number of individuals to justify holding a program and if that minimum is not reached, the course is cancelled. **Programs not meeting minimum enrollment three weekdays prior to class will be cancelled. PLEASE REGISTER EARLY.**

Registration begins at 9:00 AM April 18, 2009 for Clarke County residents and April 20, 2009 for non-Clarke County residents, unless otherwise noted in program description.

Inclement Weather

In the event of inclement weather, cancellations will be announced on local radio stations. If programs are cancelled, every attempt will be made to reschedule the program.

Accommodations

CCPR is committed to providing recreation for all persons. Every reasonable effort will be made to provide accommodations based on individual need. Please contact us prior to the program's start date for assistance. If assistance is needed for the hearing impaired please call Virginia Relay Center at 1-800-828-1140.

We are updating our records. Please keep us informed of any changes to your household information

All programs are held at the Chet Hobert Park unless otherwise noted.

HOUSEHOLD REGISTRATION

PLEASE PRINT:

PRIMARY HOUSEHOLDER (Last Name) _____ (First) _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HOME PHONE _____ WORK PHONE _____ E-mail Address _____

☐ MALE ☐ FEMALE DATE OF BIRTH _____

SECONDARY HOUSEHOLDER (Last Name) _____ (First) _____

WORK PHONE _____ E-mail Address _____ ☐ MALE ☐ FEMALE DOB _____

EMERGENCY CONTACT PERSON _____ PHONE _____

(Other than someone in your household)

Participant Name (Last, First)	Date of Birth	Sex (M/F)	Activity Code							Session	Program Name	Fee
Sample, John	9/17/92	M	2	2	0	2	0	5	A	2	Children's Pottery	\$30

***NOTE - A credit card service company will assess a small convenience fee to your credit card statement. Fees vary according to the charge amount. Please call us at 955-5140 for the fee schedule.**

TOTAL

IF PAYING BY CREDIT CARD PLEASE COMPLETE THE FOLLOWING:

☐ Visa ☐ MC ☐ Amex ☐ Discover

Exp. Date _____ Card # _____

Signature _____

for office use only

FEE _____ ☐ CASH ☐ CHECK ☐ CREDIT CARD

DATE RECEIVED: _____ RECEIVED BY: _____

MAKE CHECKS PAYABLE TO "CCPR"